



Public Health Emergency
Preparedness and Response
MONTGOMERY COUNTY, MD

Plan to be safe campaign

- Start a conversation
- Make a plan
- Make a kit *using*

A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

Plan



Plan to be safe.

NOTES:

Plan to be safe.

① Start a conversation.

Now is the perfect time.

Talking things through can help create a sense of control and reduce stress.



Plan to be safe.

Individual Emergency Plan: **Start a Conversation**

Talk with Family, Friends and Neighbors

Consider possible events and your possible response

- Disease
- Fire
- Flood
- Severe Weather
- Mass Transit Accident
- Hazardous Material Spill
- Terrorism

Designate out-of-area contact

Consider where to meet

- Outside of home
- Outside of neighborhood

Consider where to stay

- Staying put (“shelter in place”)
- Evacuating

Consider child care with contact information

Consider elder care with contact information

Consider pet care with contact information

Consider special needs

Plan to be safe.

② Make a Plan.

Gather critical information into one place and share it with your family. It will save precious time for when you need it most.



Plan to be safe.

Individual Emergency Plan: Make a Plan

Collect contact information

- Personal information for all family/household members (name, address, phones, birthdate)
- Local contact
- Out of state contact
- Nearest relative
- Pet caretaker
- Meeting places

Plan to be safe.

③ Make a kit.

Start simply! Collect these nine essential items to help you shelter-in-place in the event of an emergency.



Plan to be safe.

Individual Emergency Plan: **Make a Kit**

Collect Plan 9 Emergency Items (the minimal essential items)

- Water
- Food
- Clothes (jacket, hat)
- Medications
- Flashlight
- Manual Can Opener
- Radio (hand-cranked/battery powered)
- Hygiene Items
- First Aid

Personalize for self and household.

Plan to be safe.

1 Water



One gallon per person,
per day for three days.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #1: **Water**

Action Steps:

Collect one gallon per person per day

- Use water for drinking, hygiene and cleaning as needed
- Maintain water in clean, sealed, plastic containers
- Store in cool dry place
- Replace water and containers every 6 months using the smoke alarm battery replacement schedule (April, October)

Treat water if purity is uncertain with one of two easy methods

Boil water at a rolling boil for 3-5 minutes

- Cool before drinking
- Improve taste by pouring between two clean containers

Disinfect water

- Use regular household liquid bleach
- Use bleach labeled to contain 5.25% sodium hypochlorite
- Do not use products labeled to contain other chemicals
- Add 16 drops of bleach to 1 gallon of water
- Let stand 15 minutes before using (should smell chlorine)
- Repeat process if slight chlorine smell is not detected

2 Food



Non-perishables such as
canned or packaged food.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #2: **Food**

Action Steps:

Plan for family's unique needs and tastes when collecting food for 3 days or more

Pay special attention to special diets, infants, toddlers and elderly

Plan foods that require no refrigeration, preparation or cooking

Plan foods that are high in calories and nutrition

- Consider foods that are not salty, high in fat or protein (when water is limited)
- Consider liquid formula in case nursing mothers can not nurse
- Consider canned dietetic foods, juices and soups for ill or elderly

Store food in dry, dark, cool space

Use plastic bags or tight containers to keep food covered at all times

Eat food in order: refrigerator, freezer, cupboard

Inspect all foods for spoilage before using

Date all emergency foods, consider shelf life, and rotate as appropriate:

- **Six months:** powdered milk (boxed); dried fruit, crackers in sealed containers
- **One year:** canned soup, fruit, vegetables, juice; peanut butter, jelly; hard candy, canned nuts; cereals in sealed containers
- **Indefinitely (in proper containers):** baking powder; salt; bouillon; instant coffee, tea, cocoa; dried corn, dry pasta, non carbonated soft drinks, vegetable oils

Remember food and medications for pets as appropriate

3 Clothes



One change of clothes
and footwear per person.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #3: Clothes

Action Steps:

Include one complete change of clothing and footwear per person

**Evaluate size and seasonal needs by using smoke alarm battery
replacement schedule (April, October)**

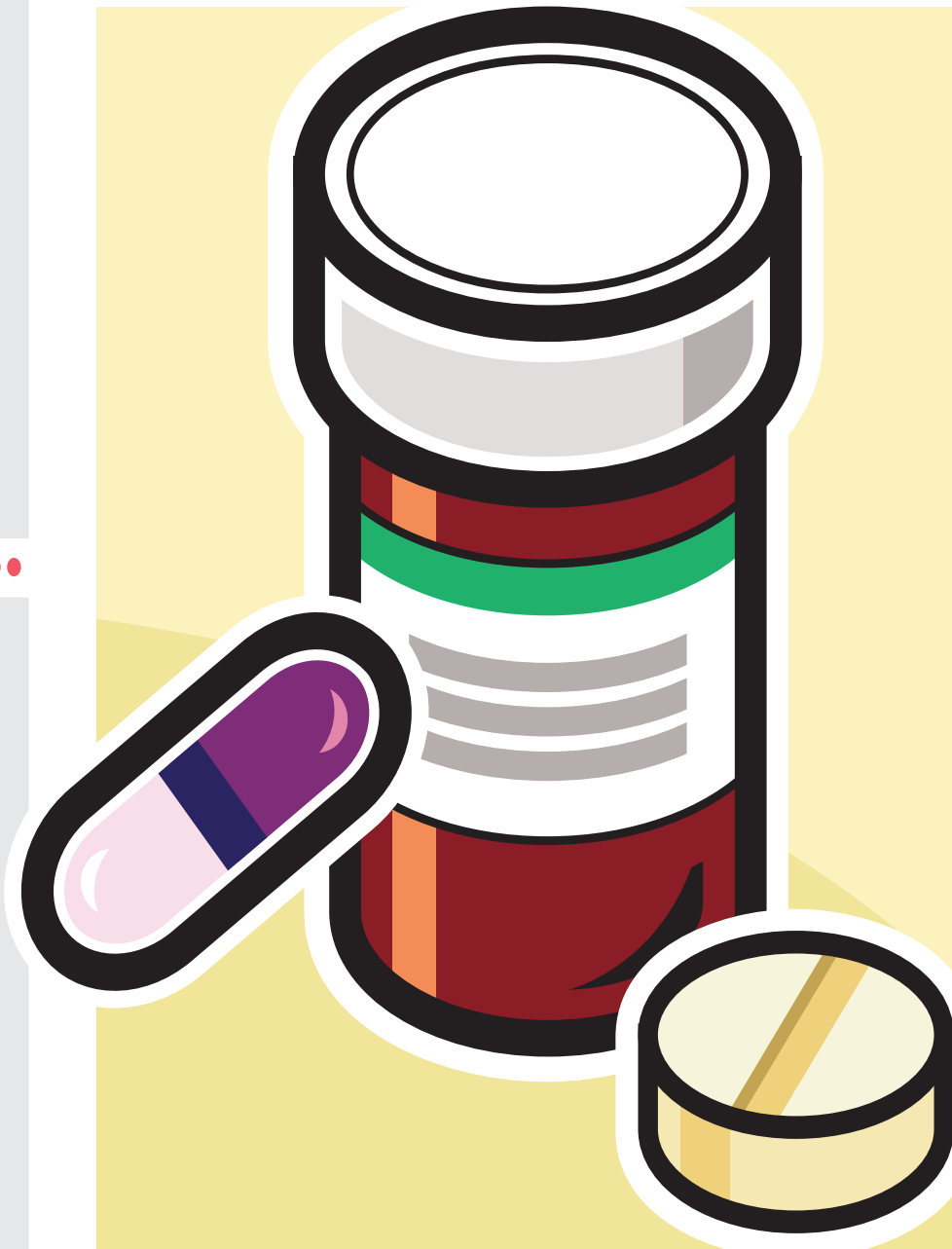
Include rain gear (i.e. raincoat, umbrella)

Include hat and sunglasses

Include long underwear and gloves

Include blankets or sleeping bags

4 Medications



Three days' worth of
prescription medications.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

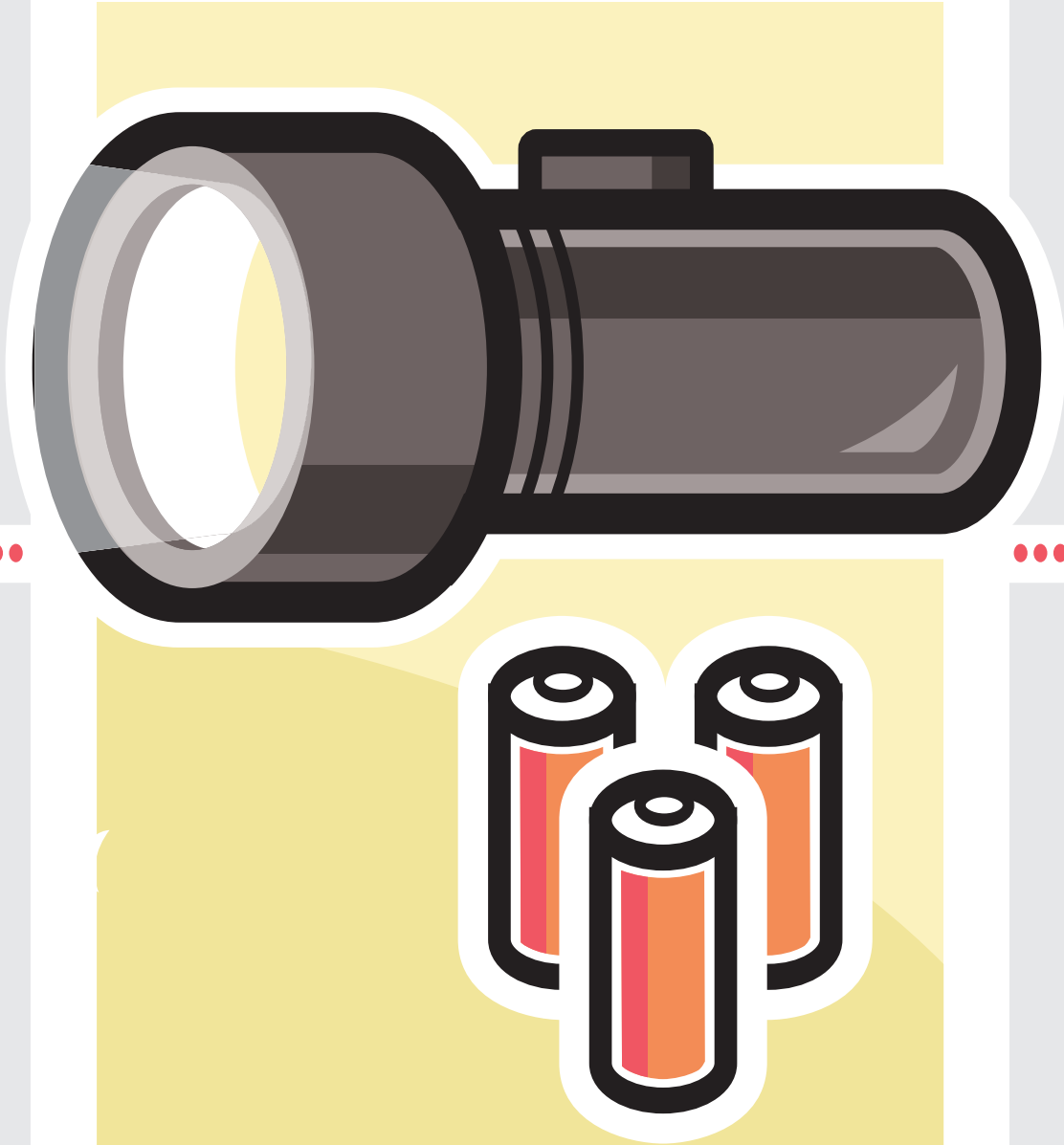
Essential Item #4: **Medications**

Action Steps:

Collect prescription medications for three days

- Keep prescriptions current (Do not allow to lapse)
- Discuss allergies to medications with your physician
- Discuss the possibility of stockpiling medication samples with your physician
- Rotate stockpiled medications to ensure shelf life currency

5 Flashlight



A bright flashlight
and extra batteries.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

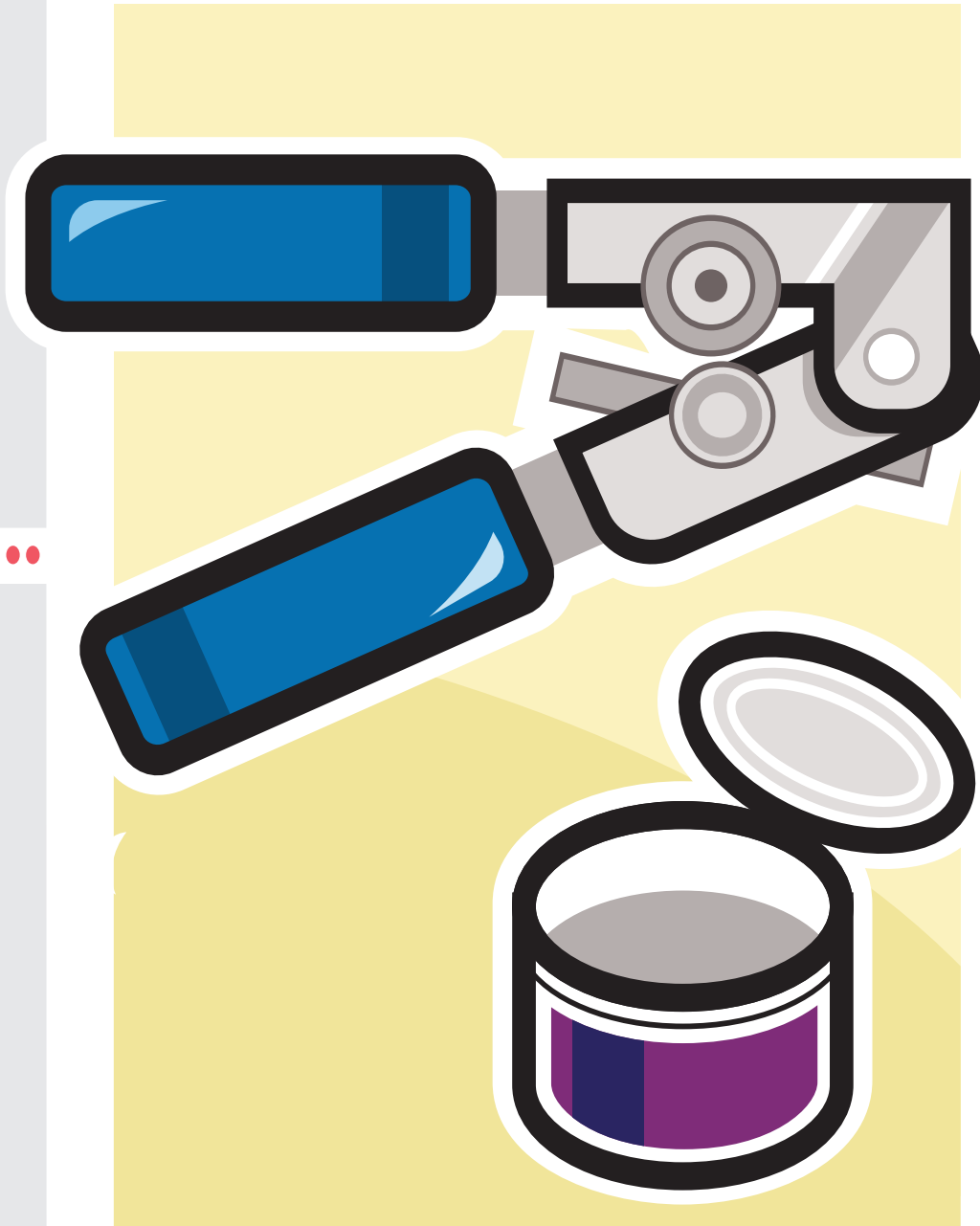
Essential Item #5:
Flashlight

Action Steps:

Remember extra batteries

- Rotate extra batteries to ensure shelf life currency

6 Can Opener



Manual can opener in case there's no electric power.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #6: **Can Opener**

Action Steps:

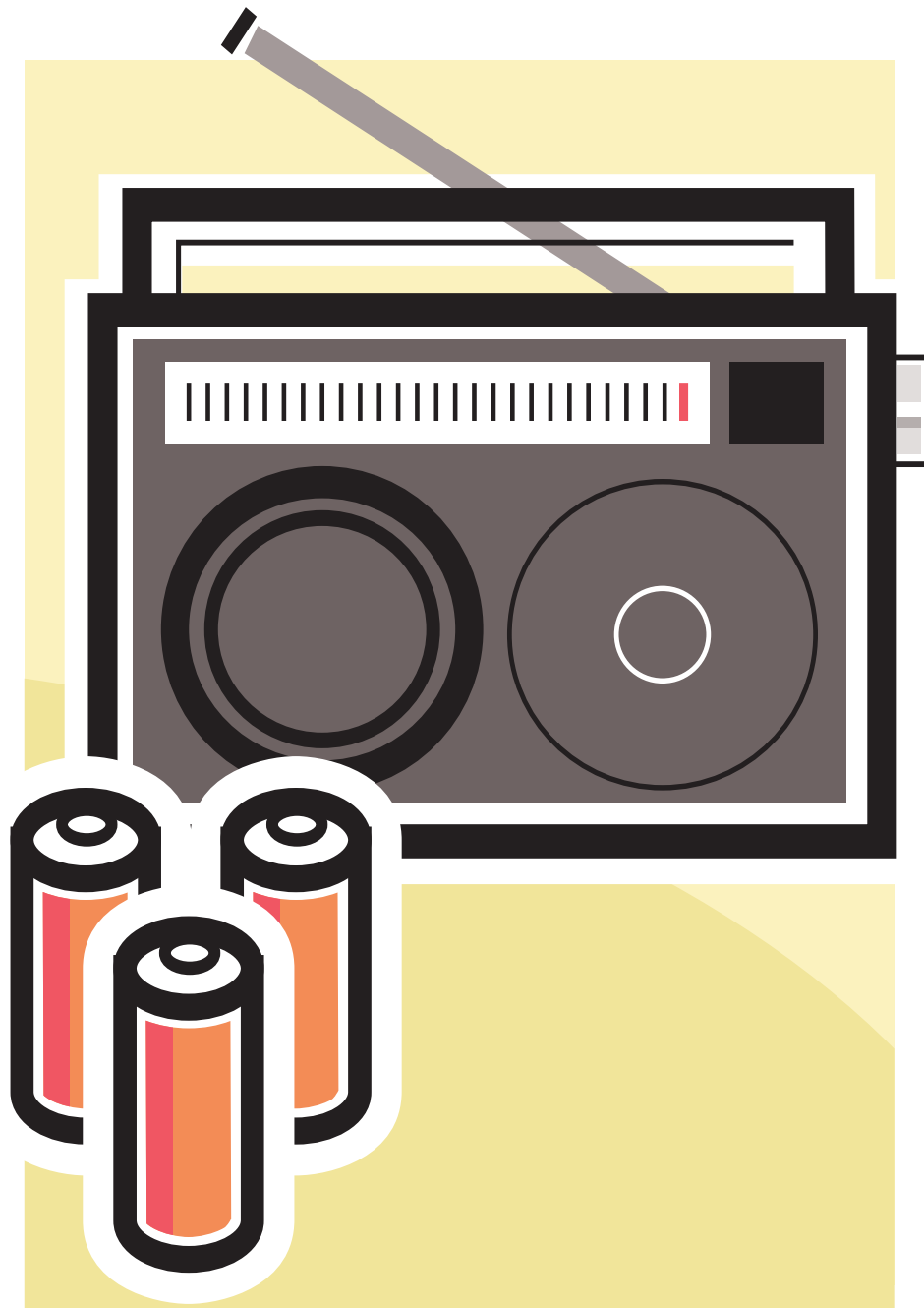
Select a manual can opener

- Electrical power may not be available

Rehearse using the manual can opener

- Be aware of hand strength required
- Understand how the manual can opener works

7 Radio



Battery-powered radio
and extra batteries.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #7: **Radio**

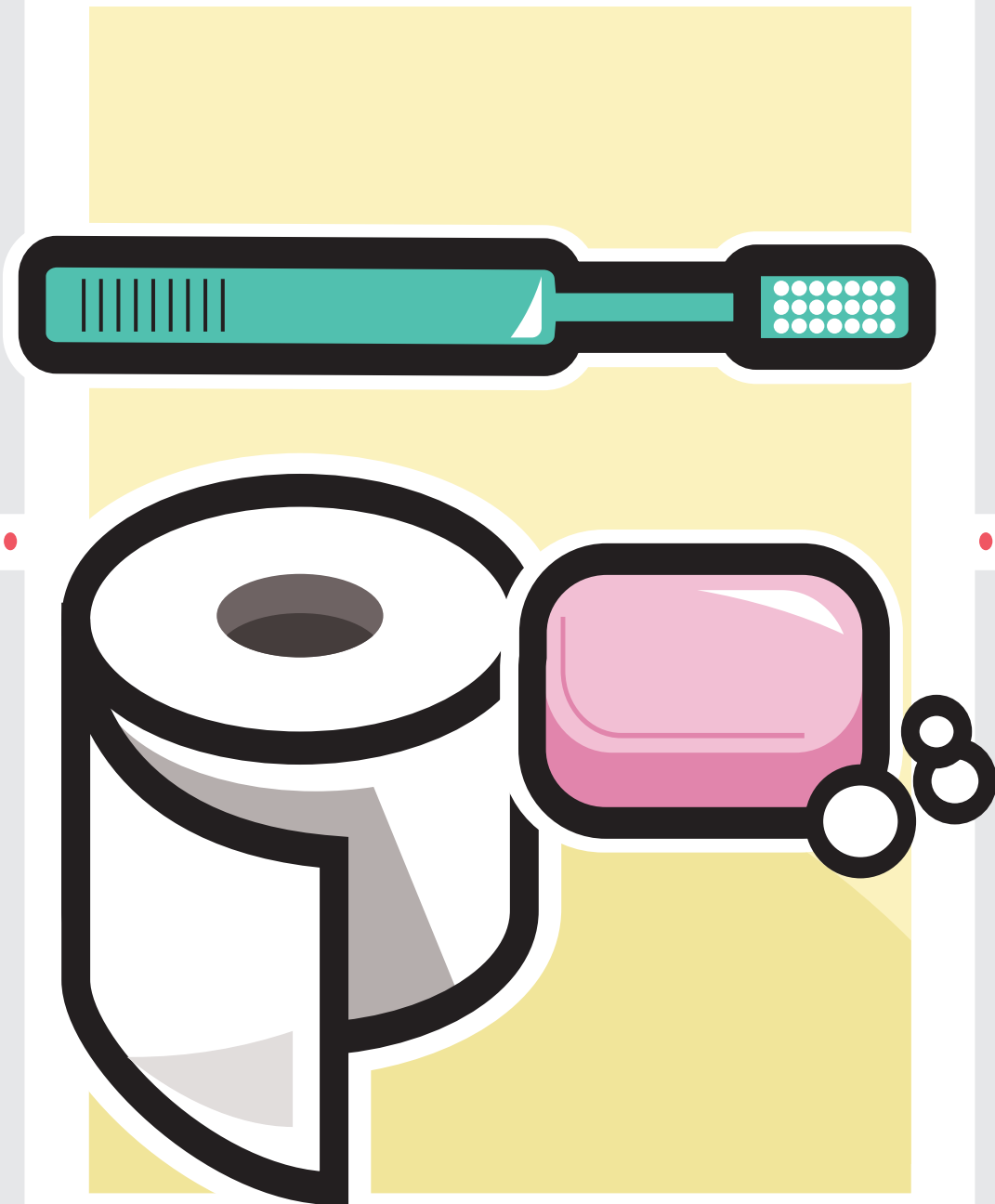
Action Steps:

Select a battery powered or crank radio

Remember extra batteries for a battery powered radio

- Electrical power may not be available
- Radios are available in a variety of price ranges
- Radios are available with a variety of features
- Rotate extra batteries to ensure shelf life currency

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #8:
Hygiene Items

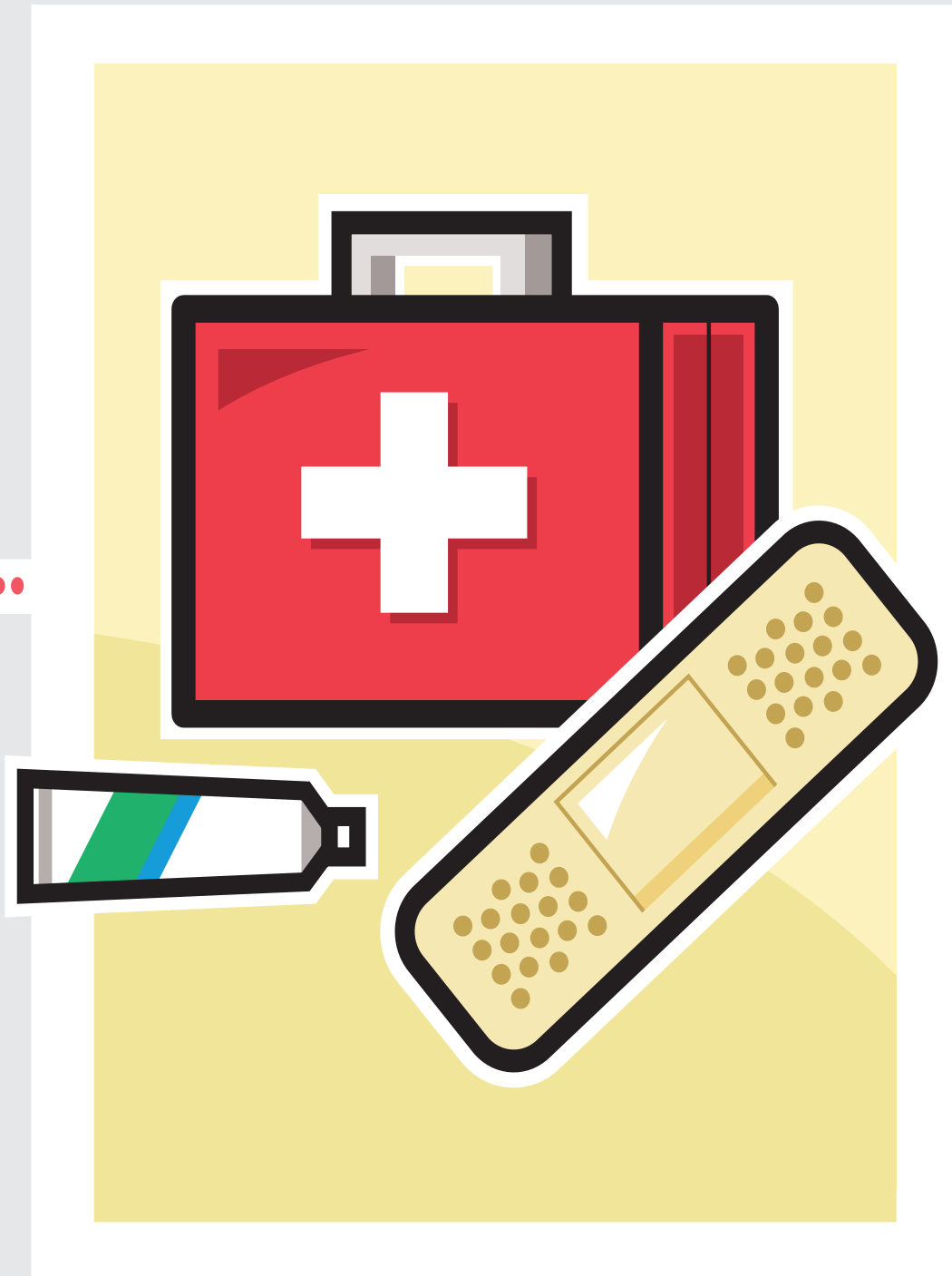
Action Steps:

Collect basics like soap, toilet paper, toothpaste, toothbrush

Include household bleach (see detailed information on #1 item)

Include plastic garbage bags, ties (for personal sanitation if needed)

9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.

**SHELTER IN PLACE:
ACTION STEPS FOR USING PLAN 9**

Essential Item #9: First Aid

Action Steps:

Collect first aid items

- Store in a plastic bag

Include wound items (adhesive bandages, gauze pads, tape, roller gauze)

Include antiseptic

Include triangular bandages (2)

Include non-latex gloves

Include scissors

Include cold pack

Include non-prescription drugs to treat pain, diarrhea, constipation, stomach upset

Plan to be safe.



**You can
do this!!!**

Collect these nine essential items to help you shelter-in-place in the event of an emergency.



This publication was supported by Cooperative Agreement Number U50/CCU302718 from the Centers for Disease Control and Prevention (CDC) to the National Association of County and City Health Officials (NACCHO). Its contents are solely the responsibility of the Montgomery County, Maryland Advanced Practice Center for Public Health Emergency Preparedness and Response and do not necessarily represent the official views of CDC or NACCHO.

This document was published April 2006.